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Pelosi says she is 'not for impeachment' of Trump. 4

'RUNWAY REMAKE'

Mondo Guerra talks his "Project Runway" companion series. 14-15

What to buy (and skip) in March. 16-17

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A large photograph of Tom Seaver, a former New York Mets pitcher, wearing a blue Mets cap with the orange "NY" logo and a white pinstripe Mets jersey. He is looking slightly to his left with a serious expression. In the bottom left corner of the main image, there is a circular inset showing Tom Seaver walking on a baseball field, wearing an orange shirt and khaki pants, with a crowd of people visible in the background. The text "ASG" is printed on the wall behind him. The overall background of the main image is a blurred version of the same scene.

TOM'S TIME

Mets must make their season and stadium all about franchise legend Tom Seaver, who was recently diagnosed with dementia. 19

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All-vegetarian menus on Mondays beginning in the 2019-20 school year.

New York Mayor Bill de Blasio joins Schools Chancellor Richard Carranza and school children for lunch at PS130, a Brooklyn public school, for an announcement about "Meatless Mondays" on March 11, 2019, in New York City. Citing healthy eating habits for children and the environmental impact of too much meat in our diet, Mayor de Blasio and Schools Chancellor Carranza will begin having all public schools serve all-vegetarian menus on Mondays beginning in the 2019-20 school year.

ALL IMAGES GETTY IMAGES

De Blasio announces 'Meatless Mondays' for city public schools



Nebraska running back surrenders on porn charges

2 Nebraska running back Maurice Washington surrendered to authorities in California Monday morning to face charges of child pornography and "revenge porn." Coach Scott Frost confirmed to reporters that Washington was not at practice on Monday and that he expected the running back to return to Lincoln later in the day. Washington was booked into jail in Santa Clara County with bail set at

\$35,000. He posted bail, and his next court date was set for April 10, according to the Omaha World-Herald. "Working through his lawyer, I know he wanted to get out there and surrender and satisfy the warrant as quickly as he could," Frost said. Washington has been charged with a felony count of child pornography for possession of a video of a person under 18 engaging in or simulating sexual conduct.

'Show time': Apple expected to announce TV service

3 Apple Inc. on Monday invited media to a March 25 event at the Steve Jobs Theater on its campus in Cupertino, California, where it is expected to launch a television and video service. Sources previously told Reuters that the company is targeting April for the launch of a streaming television service that will likely include subscription TV service. Apple often launches products and services in the weeks following an event. In

its invitation, Apple did not specify the focus of the event and gave a single-line description: "It's show time." Apple has long hinted at a planned video service, spending \$2 billion in Hollywood to produce its own content and signing major stars such as Oprah Winfrey. Sources familiar with the matter earlier told Reuters that the service may resell subscriptions from CBS Viacom and Lions Gate Entertainment Corp.'s Starz, among others.

Jets, Crowder agree for three years, \$28.5M

4 The New York Jets have agreed to sign free-agent wide receiver Jamison Crowder to a three-year, \$28.5 million deal with \$17 million guaranteed, according to multiple reports Monday. Crowder can't officially sign until the new league year opens on Wednesday. Crowder, 25, missed seven games to injury last season, finishing with 29 catches for 388 yards and two touchdowns for the Washington Redskins.

However, he totaled 192 catches for 2,240 yards and 12 scores in the previous three seasons, after Washington took him in the fourth round of the 2015 draft out of Duke. The Jets gave nominal slot wide-out Quincy Enunwa a four-year, \$36 million extension in December. The 5-foot-9, 177-pound Crowder has primarily worked out of the slot in the past, but he also spent time on the perimeter in Washington.

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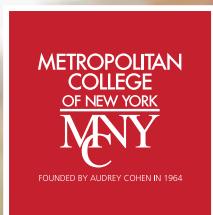
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NEWS

Pelosi says she is ‘not for impeachment’ of Trump

President Donald Trump should not be impeached unless the reasons are overwhelming and bipartisan, given how divisive it would be for the country, House Speaker Nancy Pelosi said in a Washington Post interview published on Monday.

“I’m not for impeachment,” Pelosi, the top U.S. Democrat, said in the interview, which was conducted last week.

“Impeachment is so divisive to the country that unless there’s something so compelling and overwhelming and bipartisan, I don’t think we should go down that path, because it divides the country,” she said. “He’s just not worth it.”

It was Pelosi’s most direct comment yet on Trump’s possible impeachment, a topic she has dealt with cautiously



GETTY IMAGES

as it carries the potential to sharply split Democrats and the public ahead of next year’s White House and congressional elections.

Special Counsel Rob-

ert Mueller is investigating Russian interference in the 2016 U.S. presidential campaign, possible collusion between Trump’s campaign and the Russian government,

and whether Trump has attempted to obstruct the probe. Trump has denied wrongdoing and called the investigation a “witch hunt.”

Mueller is expected to

send a report soon to Attorney General William Barr outlining his findings, and any evidence of wrongdoing could prompt Congress to take action against the president. Several panels in the Democrat-controlled House of Representatives are also investigating the president.

Although Pelosi said she believes it would be too divisive to impeach Trump, she characterized the president as unfit to hold office.

“No, I don’t think he’s fit to be president of the United States,” Pelosi told the Post, adding he was “ethically unfit, intellectually unfit, curiously-wise unfit.”

Democrats face growing pressure from the left for impeachment, including a multimillion-dollar ad campaign from liberal

billionaire Tom Steyer to build support for action against Trump.

The House Judiciary Committee, which would lead an impeachment inquiry, recently launched a broad probe of corruption, abuse of power and obstruction of justice allegations against Trump that could amount to impeachable offenses.

House Judiciary Committee Chairman Jerrold Nadler has said he believes Trump has committed obstruction of justice, but that it is too soon to decide on impeachment.

“We do not now have the evidence all sorted out,” Nadler told ABC’s “This Week” program on March 3. “Before you impeach somebody, you have to persuade the American public that it ought to happen,” Nadler added. REUTERS

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Why Aren't Doctors Telling Knee Arthritis Sufferers About These Two Often Successful Treatments?

Two Advanced Medical Treatments Every Knee Arthritis Sufferer Needs To Know - Before Or After Knee Replacement Surgery

NYC - If you suffer with knee arthritis pain, you have probably already tried *many* treatments... especially countless pain medications. With minimal or no results

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis *a lot of knee arthritis sufferers have never heard of.*

Before we get into the two treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the state to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are *these* two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

#1 Viscosupplementation

Here's what you need to know about viscosupplementation - the good and the bad....

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee. In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors

precisely inject directly into the knee joint.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the formula will not get into the knee joint and the treatment will not work.

That's why the experts at **NYC Pain MD** use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

What Should You Do If Viscosupplementation Fails?

#2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequency Neurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequency waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of

Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain



Science rescues knee arthritis sufferers? Research shows joint injections done without advanced imaging misses the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

What To Do Next If You Are In Pain

NYC Pain MD offers a limited number of complimentary knee arthritis screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NYC Pain MD**. If you would like to schedule a screening, just call 877-380-8537.

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REUTERS

Trump budget boosts military and wall but targets social services

One senator called the plan "not worth the paper it is printed on."

President Donald Trump in his 2020 budget on Monday called for overhauling social programs that help poor and elderly Americans, while boosting military spending and funding a U.S.-Mexico border wall, in the opening gambits in his next funding fight with the U.S. Congress.

The Republican president's \$4.7 trillion budget was immediately panned by Democrats in Congress, who rejected his push last year for wall funding in a standoff that led to a five-week partial shutdown of the federal government.

Like past presidential budget proposals, Trump's spending plan was highly unlikely to become law, especially with Democrats in control of the House of Representatives, but it does serve as an early manifesto of the policy priorities he will bring to his 2020 re-election campaign.

"President Trump has somehow managed to produce a budget request even more untethered from reality than his past two," said Democratic Rep. Nita Lowey, chairwoman of the House Appropriations Committee.

Democratic Sen. Patrick Leahy, chairman of the Senate Appropriations Committee, said in a statement that Trump's

plan "is not worth the paper it is printed on."

This year, the stakes for a deal are higher than in past years. An Oct. 1 deadline to keep the government running coincides with a deadline to lift the debt limit. Without an increase in the limit, the U.S. government would risk a default, which could shock the world economy.

"President Trump has somehow managed to produce a budget request even more untethered from reality than his past two."

Rep. Nita Lowey

Trump's budget includes politically volatile proposals for overhauling Medicare, Medicaid and other costly social programs that form the American social safety net that helps the poor and underprivileged.

It asks for \$8.6 billion to build a wall on the border with Mexico. That figure is more than six times what Congress gave Trump for border projects in each of the past two fiscal years, and 6 percent more than he has corralled by invoking emergency powers this year after he failed to get the money he wanted. Trump also called for defense spending to rise more than 4 percent to \$750 billion, using the emer-

gency Overseas Contingency Operations (OCO) account — derided by conservatives as a slush fund — to skirt spending caps set out in a 2011 fiscal restraint law.

Non-defense spending was held below those caps, thanks to steep proposed funding cuts to the State Department (23 percent) and Environmental Protection Agency (31 percent), among others.

Even with the cuts, which the White House said would add up to \$2.7 trillion in savings over a decade, the budget office said the Trump plan would not balance until 2034, exceeding the traditional 10-year outlook.

Tax cuts have been a priority for the Republican White House and Congress in recent years, rather than deficit reduction. The deficit ran to \$900 billion in 2019 and the national debt has ballooned to \$22 trillion.

The Committee for a Responsible Budget said Trump's budget would add \$10.5 trillion to the debt over a decade, and criticized the White House for what it called a "fantasy assumption" of 3 percent economic growth over that time frame — higher than the 2 percent average used by independent forecasters.

Unless the White House and Congress reach an agreement, the automatic spending caps from the 2011 law will kick in on Oct. 1, adding another level of urgency to the fall deadlines. REUTERS

The fight against erectile dysfunction

Don't worry. It happens. But there are ways to stop it!
By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction in their day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this ... gulp... disappointing condition that affects so many men in the bedroom?

Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis.

In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found It is estimated that around "35-75% of men with diabetes will experience at least some degree of erectile

dysfunction during their lifetime." On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition, few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple viagras on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment

will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the "P-shot". This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

If you are interested in either of these groundbreaking treatments, make your appointment with Dr. Shusterman today by calling 212-661-0060.



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Russian trolls have 2020 election-meddling strategy

They're already active, the FBI says. And their latest tactics may make them harder to spot.

MICHAEL MARTIN
letters@metro.us

Russian online trolls have shifted their strategy to disrupt the U.S. presidential election in 2020, according to a Bloomberg report.

Instead of creating propaganda, trolls are signing up for social media accounts using fake personas, then using those accounts to amplify the divisive rhetoric of others, cybersecurity experts say.

The Kremlin-linked Internet Research Agency and others may have changed their tactics to circumvent security measures Facebook and Twitter enacted after the 2016 election. Both companies have attempted to crack down on the kind of fake content Russians used to sow discord in the American electorate, including phony news stories, groups and events like racially charged protests.

“Instead of creating content themselves, we see them amplifying content,” John Hultquist, director of intelligence analysis at FireEye, told Bloomberg. “Then it’s not necessarily inauthentic, and that creates an opportunity for them to hide behind somebody else.”

Additionally, some hackers are breaking into devices and using them to create large numbers of social media accounts, populated with real-seeming (but fake) followers. These faux networks can then be used to spread mes-

sages and make positions seem more popular than they actually are.

Last Tuesday, FBI Director Christopher Wray warned that social media remains a hotbed for U.S. election interference. “What has continued virtually unabated and just intensifies during the election cycles is this malign foreign influence campaign, especially using social media,” he said. “That continues, and we’re gearing up for it to continue and grow again for 2020.”

Wray said the FBI is working with companies to guard against foreign influence on their platforms.

But determining who should be banned from a platform has always been a tricky prospect. In 2016, Facebook delayed intervening even when presented with clear evidence of Russian trolling, while executives dithered about the company’s stance on free speech and its image. Russia’s new trolling strategy will make bad actors harder to spot.

On Friday, the Washington Post published the results of a yearlong investigation in which they followed several Russian troll accounts created by the Internet Research Agency.

The conclusions: IRA still aims to divide Americans — and they can be surprisingly subtle about it. “Most Americans probably believe that they could spot a Russian troll from a mile away — and that they would certainly never engage with one,” the Post said. “The IRA’s work is much subtler, often more palatable and always seemingly more organic than Americans may imagine.”

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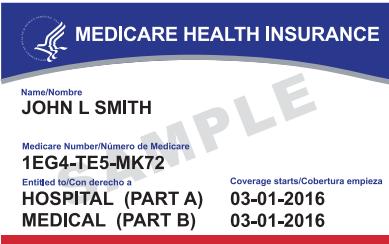
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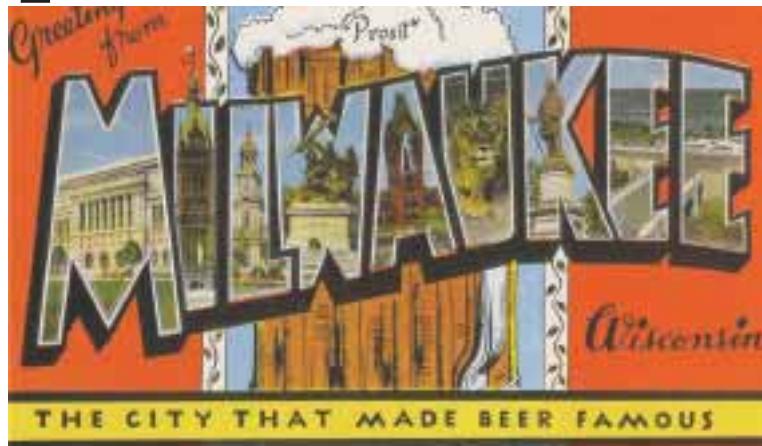
Democrats select Milwaukee for 2020 presidential convention

Wisconsin is known for beer, brats, cheese and now, the upcoming Democratic National Convention.

The Democratic Party on Monday picked Milwaukee, Wisconsin, to host the 2020 nominating convention to formally select its candidate for president, four years after Hillary Clinton narrowly lost the Midwestern state to Republican Donald Trump.

Clinton, who did not campaign in Wisconsin during the 2016 general election campaign, also lost the states of Michigan and Pennsylvania by narrow margins, helping give Trump the path to victory.

The Democratic National Convention will run July 13-16, the first



ally crowded and diverse field includes five women serving in the U.S. Senate as well as the party's first openly gay candidate.

Bernie Sanders, a democratic socialist and U.S. senator who rose to national prominence when he ran in 2016, and Joe Biden, a former U.S. vice president who has not formally declared but is expected to run, have emerged as front-runners in recent opinion polls.

The Republican National Convention will be held in Charlotte, North Carolina, more than a month later, Aug. 24-27.

Democrats had won Wisconsin in presidential elections going back to the 1980s until Clinton narrowly lost the state.

Some Republicans ridiculed the choice: "Four

years too late, Democrats go to Wisconsin," Kellyanne Conway, one of Trump's senior advisers, wrote on Twitter.

The party did well in Wisconsin in 2018 elections. Democrat Tony Evers was elected governor, replacing Republican Scott Walker.

"The Democratic Party is the party of working people, and Milwaukee is a city of working people," said Democratic National Committee Chair Tom Perez. "We saw in this last election what we can accomplish when we come together."

Milwaukee is known as a U.S. historical center of beer brewing and remains home to manufacturers including Harley-Davidson Inc., the iconic motorcycle brand.

Trump is seeking a second term in the election on Nov. 3, 2020.

REUTERS

time the party will hold it in a Midwestern city other than Chicago in over a century, the party said in a statement. The party had also considered Miami and Houston as host cities.

While presidential nominees from both ma-

jor U.S. parties often had enough delegates well before their conventions in recent election cycles, the events play an important role by providing a televised national forum to showcase their message and highlight up-and-

coming political personalities.

More than a dozen Democrats have announced that they are seeking the nomination in the state-by-state voting contests that kick off in Iowa in February 2020. The unusu-



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Austria plans hikers code of conduct after tourist trampled by cows

Austrian Chancellor Sebastian Kurz said on Monday the country would introduce a legally binding "code of conduct" for hikers who visit its picturesque mountain pastures in response to the death of a German tourist who was trampled by cows.

The incident, which took place in Tyrol in 2014, has made national headlines and a court last month ordered the farmer who owned the cattle to pay hundreds of thousands of euros in damages to the 45-year-old victim's family.

That has caused outrage among farmers and consternation among the public, partly because the victim was walking her dog on a leash attached to her waist. Cows can charge to protect their calves when they see dogs, and hikers are



REUTERS

advised to release their dogs in such cases, which she did not do.

"We will lay out clearly in the code of conduct what is expected of people who use mountain pastures," Kurz told a news conference.

Kurz did not provide specifics but did suggest that dogs would be an important part of the new code, adding that problem cases have "almost exclusively" in-

volved dogs.

The code is part of a package of measures being worked on, including changing the law covering such incidents.

"We expect that if people stick to this code of conduct, there will be no incidents. If someone does not stick to the code of conduct, then they will lose the chance to claim damages," Kurz said.

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*Pat King
Grumble Editor*

READER WRITE-INS:

WHAT HAS HAPPENED TO OUR CULTURE?

There seems so very little that is reflected in our collective consciousness that is not involved with advertising. Every street, every subway car and walkway, every 10-pound magazine, every overstuffed newspaper — nearly everywhere your blurred gaze falls, someone is trying to sell, influence, manipulate, distract and brainwash you. Where will it end?

"So what's your kid's name?"

"Old Navy. Yep, he'll receive full

tuition to Yale for re-branding him."

"What's on your little girl's forehead?"

"A Lyft tattoo. She gets health and dental insurance for life."

Fiction?

— Anonymous, Metro US reader

the GRUMBLE



ALL PHOTOS ISTOCK

THE CRUMBS AT THE BOTTOM OF THE BAG

I get so annoyed when I open up a bag of Smartfood Popcorn and nearly one-third of the bag consists of tiny little crumbs. WHAT GIVES??? They need to up their quality control at that place.

— Kris, Metro New York reader

VENT TO US!
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Aries Formulate everything in your head and go over every detail before you decide to share your plans. Preparation will be a key element to reaching your goals.



Taurus Take the helm and make things happen. Show your tenacity and ability to get things done to win points and support from influential people.



Gemini Pay attention to your health and well-being. Look at what's being offered and consider whether it's in your best interest to get involved before you make a commitment.



Cancer Keep the peace, regardless of what others do. A partnership that offers equality, trust and teamwork will encourage you to revisit a project that hit a dead end.



Leo Refuse to give in to negativity. If you let others' actions stifle your ability to get things done, you will lose. Let your achievement be your rebuttal.



Virgo Take a step toward a better life. Size up your situation and make adjustments that encourage good health, financial prosperity and enhanced skills. Initiate worthwhile connections and strive for perfection.



Libra Learn more and say less. Observe the people you are dealing with to find a solution that will put an end to you or a loved one being bullied or taken for granted.



Scorpio The people you encounter will offer suggestions. What you discover about yourself and your goals will result in greater determination to reach for the stars.



Sagittarius Share emotions instead of stewing about something and letting it consume you. Once you clear the air, it will be easier to move forward and make positive adjustments.



Capricorn The changes you make will ease stress and comfort you. Consider with whom you enjoy spending time and make plans that will give you something to look forward to.



Aquarius Do things right the first time. You'll face complaints from someone critical if you take shortcuts. Make sure you understand what's expected of you before you start something new.



Pisces Only offer help if it's feasible to do so. If someone is asking for too much or is not being reasonable, put your energy into projects and concrete endeavors.

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Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried many treatments... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

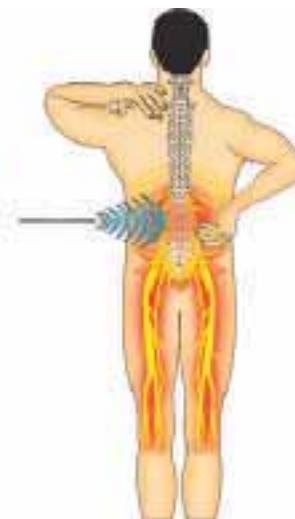
What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NYC Pain MD**. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.



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LIFESTYLE

Guerra is hosting the new series "Runway Remake." **RUNWAY REMAKE**

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A runway for everyone

"Runway Remake" will be a companion series to Bravo's "Project Runway."



MOLLY GIVEN
Molly.Given@metro.us

Whether you watch the show or not, many people have heard of the fashion-forward competition series "Project Runway." The show premiered in 2005 and since then has amassed a fiercely loyal fan base. Now, the wildly popular show has a companion series that will take fans out of their viewing seats and into their own creative world where they can truly be a part of the ac-

tion in their own way.

"Runway Remake" will premiere with "Project Runway" (now back to its original home channel, Bravo) on March 14 through NBC Universal's state-of-the-art digital lifestyle learning platform and streaming service Blueprint. There will be nine episodes of the brand-new digital series and the Denver-based streaming company got a familiar face to host the series: "Project Runway All-Stars" winner Mondo Guerra.

Guerra was thrilled to get the call about the new series. The 40-year-old was a fan favorite on "Project" and was the first and most obvious choice to host this

new companion series. "This is crazy because it happened very, very quickly. I knew 'Project Runway' was going to be coming back to Bravo, and I was very excited about it, but I hadn't heard anything about the new show yet," says Guerra. "I didn't get a lot of information but it sounded like a fun project."

Although Guerra wasn't sure what to expect from his new hosting gig, he had his priorities straight. "The first thing that I was worried about was my wardrobe. Being on camera, that was my first hurdle."

Guerra is known for his incredible style, and although his de-

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"GOING INTO BLUPRINT STUDIOS, I WAS VERY NERVOUS. HOSTING A SHOW THAT IS FOCUSED ON CREATIVITY AND ALSO A COMPANION SERIES OF 'PROJECT RUNWAY,' I KNEW I HAD A LOT ON MY SHOULDERS."

signs didn't win "Project Runway" the first time around on season 8, when he returned for the show's "All-Stars" edition he came out on top. Now he has a new role to take on for the first time: hosting. "Going into Blueprint Studios, I was very nervous. Hosting a show that is focused on creativity and also a companion series of 'Project Runway,' I knew I had a lot on my shoulders."

The new series will showcase different DIY projects that mimic the challenges on "Project Runway." It gives viewers the chance to use their own inspirations from the show and make them into something completely personal and unique. "When viewers watch 'Project Runway' on Bravo and get inspired

by the challenge, they can go to Blueprint and watch the companion series and they can participate by doing the challenge themselves."

Blueprint is also debuting a DIY box on March 14. Fans can purchase the box and take their creativity a step further. "The wonderful thing about creativity is that it's great with a challenge. I love a challenge. The biggest relation with DIY versus 'Project Runway' is the challenge. If you get this box and you make and sew your own garments — there's no time limit," says Guerra. "On Project Runway you have 10 hours to create a whole garment and present it to the judges. With the box, you can make this garment on your own time as you want to and as you like.



"Runway Remake" will premiere with "Project Runway" on March 14. GETTY IMAGES

And the best part is, no one is judging you."

The series will be available on Blueprint's website and also through an all-new mobile app. The challenges and DIY magic each week will surely inspire

many to get up and get creating. "I think that no matter what you do — whether you're a sewer or a crafter or a cake maker — it's all relative. It's fun to see how people share and celebrate creativity,"

says Guerra. "All the episodes of 'Runway Remake' re-interpret the 'Project Runway' design challenges into their own craft and tutorials, eventually presenting DIY projects. It's very exciting. I can't really

tell you the challenges because, well, what do they call it? Spoilers?"

"Runway Remake" will premiere on Blueprint alongside "Project Runway" on Bravo on March 14.

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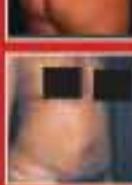
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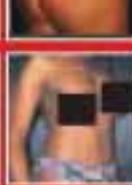
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ALL PHOTOS ISTOCK

What to buy (and skip) in March



NerdWallet is a personal finance website.

An overflowing pot of gold may be a fabled image of March, but a lot of the sales you'll find this month are the real deal.

Make the most of March's shopping opportunities with our guide to what to buy (and skip).

BUY: Floor sample mattresses

New mattress models usually arrive in stores in the spring, which makes the old mattresses potentially more affordable, according to Scott Paladini, CEO and founder of Bear

Mattress, an online mattress company. If you care more about a bargain than you do about getting the latest model, look for discounts on floor samples that have been displayed and tested on the showroom floor.

SKIP: Televisions

March is about a month too late for blowout television deals. In the past, Super Bowl season has

delivered steep savings, including discounts of up to 30 percent off on some 4K TVs.

The next big opportunity for TV deals happens during so-called "Black Friday in July" sales. We've seen Amazon, Newegg and Dell — to name a few — have summer sales. Of course, you can also expect plenty of electronics savings during actual Black Friday sales in November.

BUY: St. Patrick's Day essentials

March 17 is St. Patrick's Day, and more than a few consumers will load shopping carts with all things green or covered in four-leaf clovers.

Many major retailers discount St. Patrick's Day essentials in the days leading up to the holiday. Stores like Amazon and J.C. Penney have had such sales in past years.

As with any holiday, the longer you wait to shop, the better. Selection might be reduced, but so will prices. And if you like wearing green all year, expect even bigger clearance deals after the holiday is over.

SKIP: Spring clothing

March 20 is the first day of spring, but it's wise to wait a few weeks before outfitting yourself with

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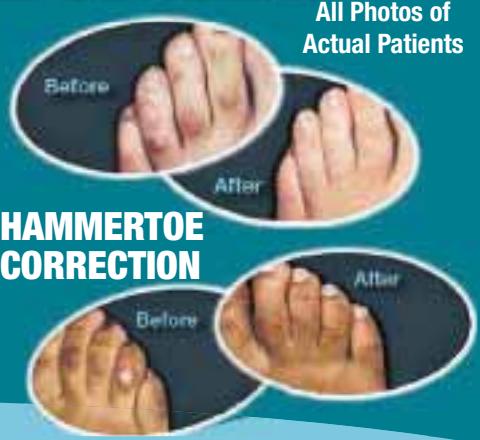
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spring apparel if you're looking to save. New inventory, including clothing, generally costs the most at the beginning of a season.

Instead, shop smart in March by stocking your closet with plenty of cold-weather staples for fall and winter. Winter clearance sales are still happening at many stores.

BUY: Tax software

As Tax Day approaches, use March as your chance to get a deal on tax software. Retailers like Best Buy, Dell and Staples already have

sales on tax-prep products, so be sure to shop around. Tax Day is April 15 this year.

SKIP: Furniture

March isn't known for great sales on furniture, so we recommend holding off on major purchases for a little longer.

Wait for Memorial Day sales in May, when big-box chains and department stores will offer more discounts to entice customers to buy. If you can wait even longer, Labor Day deals in September will be hard to beat.

BONUS: Food

Good buys in March aren't just available at department or electronics stores. They'll be at your local restaurant and supermarket, too.

Mark your calendar for food-related holidays, including National Ravioli Day on March 20 and Pi Day on March 14. Although the latter is inspired more by math than food, restaurants and grocery stores like to celebrate the occasion with deals on pies. Check social media for promotions related to your favorite food.

March Into Spring. www.nylaser.net

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Doctors who will tell you exactly what your best options are and what can realistically be expected... without making huge (and false) claims... just to sell a product or service... and then deliver junk that does little or nothing for your pain? Well... now you can.

Here is how...

NYC Pain MD is a medical clinic with 2 locations in New York City that has medical doctors specially trained in some of the most advanced, cutting edge knee arthritis treatments available today.

And they have put together an information kit that details some of these advanced medical procedures that have already helped thousands.

Including... what you need to know about joint lubricating injections, platelet rich plasma (PRP), stem cell therapy... and more.

This free information kit contains a video and report that will also explain the two arthritis treatments paths you

should know about and what "Precision Arthritis Targeting Technology" is and why it has already helped so many arthritis sufferers.

How To Get Your Information Kit...

All you have to do is go to painmdny.com/knee and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. It is 100% free with no further obligation.

If you are interested in the screening... awesome. If not, that's ok, too... at least you will have all the information and options.

And if you don't have email... you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on our website.

After getting this information and watching the video... you will breathe a big

sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this... NYC Pain MD is a real medical clinic with real medical doctors.

You will be getting real quality information about real medical treatments.

This is NOT some fake "wonder cure." In fact... you will NEVER see any guarantee of results. This is because... in the world or science and real medicine... Guaranteeing results is impossible.

Every patients is different... and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

That being said... We will be completely upfront and honest with you. Refreshing... isn't it?

So... if you are looking for up to date... honest information about some of the best possible medical treatments for knee arthritis pain...

Go here painmdny.com/knee and request the information kit or just watch the videos on that page.

Or if you would like to reserve a free screening before they are all gone call 877-228-5490 right now.



GETTY IMAGES

Lamb of God singer organizes 'Kazoo Counterparty' to combat Westboro Baptist Church protest in Richmond, Va.

The WBC had planned to protest the election of the state's first openly trans representative, Danica Roem.



PAT KING
patrick.king@metro.us

The Westboro Baptist Church (WBC) made

plans to descend upon the Virginia State Capitol in Richmond on Monday to protest the election of the state's very first openly transgender state representative, Danica

Roem. You may remember the WBC from some of their "greatest hits" of distasteful and despicable acts like picketing the funerals of victims of hate crimes such as the 50 people who were shot and killed in the 2016 Orlando nightclub shooting.

While the group has been known to perform demonstrations in nearly six different locations every day, one Richmond native was not going to take this kind of hate speech lying down. Frontman of successful heavy metal band Lamb of God Randy Blythe organized a counterparty to drown out the WBC's planned protest yesterday morning. He outlined his proposed gathering as a "Kazoo Jam" in a lengthy post on his Instagram last Friday with a photo of Blythe alongside Anthrax's Scott Ian and Roem, who used to be the frontwoman in the death metal band Cab Ride Home.

"ATTENTION! PEOPLE OF RICHMOND! CALLING ALL FREAKS, WEIRDOS, MISFITS, & REGULAR PEOPLE OF GOOD CONSCIOUS [sic]!" his post read. "This coming Monday, March 11, 2019, the buffoons of the #WESTBOROBAPTISTCHURCH (AKA the "God Hates F-gs" losers) are coming to our fair city of Richmond, VA. They will be at our state Capitol at 9 am, then over by VCU at 9:45, spreading their bizarre brand of hate mongering. Why? They are protesting my

friend, a fairly elected member of the Virginia House of Delegates, Danica Roem. Danica is an award-winning journalist, a heavy metal musician & all-around #RIPPER (who happens to be a trans-woman)."

Blythe added that he

"They are protesting my friend, a fairly elected member of the Virginia House of Delegates, Danica Roem. Danica is an award-winning journalist, a heavy metal musician & all-around #RIPPER (who happens to be a trans-woman)."

would be bringing 200

kazoos for a synchronized champagne jam where the "counterparty" would buzz along to the "Benny Hill" and "Sanford and Son" theme songs. He also announced that he would be bringing \$200 to hand out as a cash prize to whoever wore the best costume to the event. Blythe made it clear in his post that this would not be a counterprotest because that would mean they would be trying to reason with the WBC, and in Blythe's

eyes that is absolutely "USELESS."

Ahead of the planned protest, the WBC seemed unphased by Blythe's plans. They responded with a post of their own, saying "Your caps lock is sticky, Randy Blythe, but we'll gladly use the kazooing #counterparty as backdrop to sing 'Oh Lamb of God' parody & preach the gospel of Jesus Christ against greed-fueled perversion."

When the day finally arrived, however, the voices of the WBC were drowned out by a completely different tune as Blythe and his counterparty completely surrounded the demonstration with their jubilant kazoo orchestra. Videos on Instagram showed Blythe leading the charge with his blonde dreadlocks covered by a straw cowboy hat as he danced and sounded off with a gym class-style whistle in his mouth.

This isn't the first time that a rock musician has organized to troll the hateful agenda of the Westboro Baptist Church. Back in 2011, the church tried to organize its followers to picket outside a Foo Fighters concert in Kansas City. They should have known better than to try and mess with Dave Grohl, as he and the rest of the Foos pulled up to their protest on top of a flatbed truck dressed in ridiculous country outfits to play a song called "Keep It Clean in KC."

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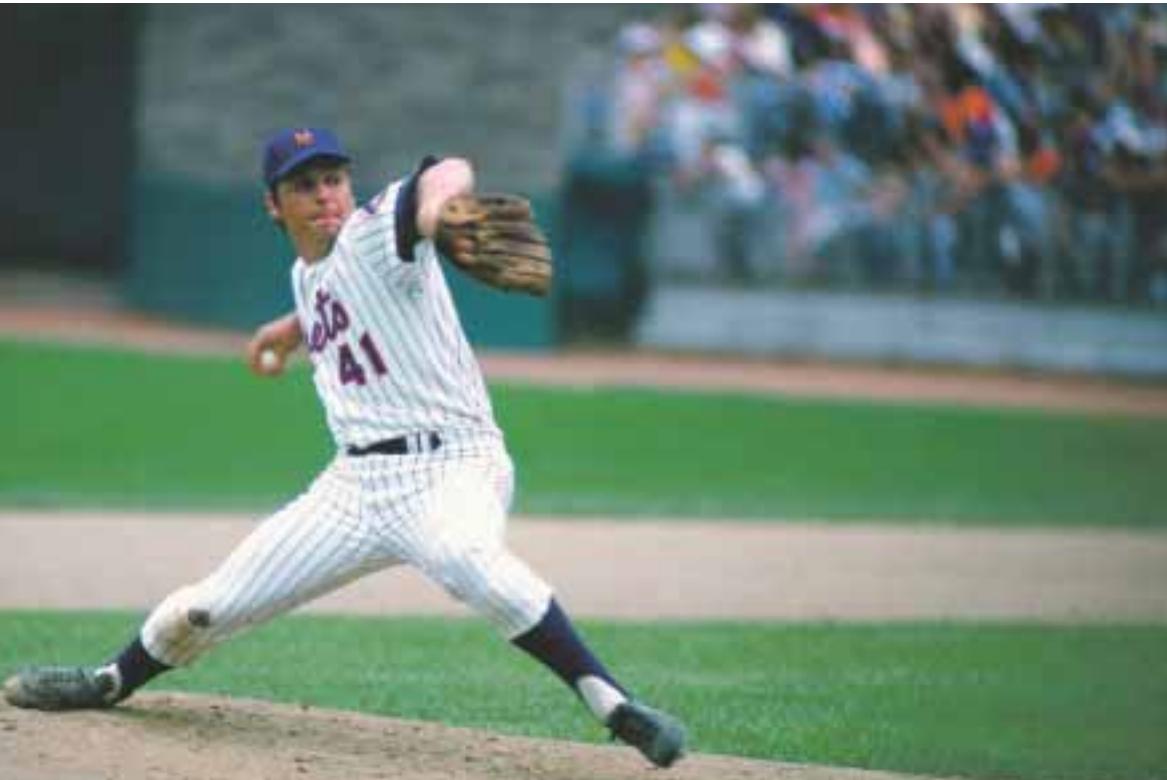
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SPORTS



It was announced last week that Mets great Tom Seaver is suffering from dementia. GETTY IMAGES

METS MUST MAKE '19, BEYOND ABOUT SEAVER

PANTORNO'S PERCH

JOE PANTORNO



The fraternity that is the pantheon of New York Mets all-time greats is a particularly small one considering this is a franchise nearing its 60th birthday.

Considering that this is a franchise playing in the heart of New York, that number tends to be magnified as a measure of success, especially when the crosstown-rival Yankees are usually mentioned in the same breath when taking stock of the city's baseball landscape.

You would be hard-pressed to consider the Mets as a proud fran-

chise. Two World Series titles entering a 58th season of existence for a big-market ball club isn't exactly the model of success. Sprinkle in a dash of bad luck and dastardly owners and Mets fans will greet questions about the team's standing with exasperation and pessimism more than anything else.

But the occasional powerhouse and Cinderella story throughout the franchise's history has yielded a class-pyramid of legacies.

At the bottom, you'll find your folk heroes like Ed Kranepool, Bud Harrelson, and Mookie Wilson. Go up a step and you'll come across some of the most prolific performers in Keith Hernandez, Gary Carter, Darryl Strawberry, and now David Wright.

The very top of the heap — at least for many Mets fans — contains just two after Mike Piazza forged his way to Cooperstown as a Met early in the millennium. You see, for the longest time, Tom Seaver was the New York Mets.

For a large, monumental majority of fans born between the 1950s and early 1990s, the

right-handed pitching virtuoso was the lone legend to don blue and orange. I consider the span to meander into the '90s because the immediacy of the feats of the Mets' 1986 World Series title did not offer the same amount of time for the all-important nostalgia factor to take effect.

I was born in 1991 and was brought up to believe that Seaver was the patron saint of Shea Stadium.

He was the man who put the Mets on the map, bringing legitimacy and star power to a franchise that was nothing more than a laughingstock for most of the 1960s. Best known for his contributions to the 1969 "Miracle Mets" championship team, Seaver was one of the greatest pitchers of his era, amassing 311 wins, a career 2.86 ERA, 3,640 strikeouts, and three Cy Young Awards on his way to a Hall of Fame career.

In typical Mets fashion, though, the handling of his career was botched by the organization when they traded him in 1977 to the Cincinnati Reds in a move nicknamed "The Midnight Massacre." Out

of his 311 wins, 198 of them came in a Mets uniform as he spent almost 10 of his 20 MLB seasons away from Queens.

Yet, the now-74-year-old will always be known as "The Franchise." The greatest talent the team has ever produced.

He was the lone inductee to don a Mets cap on his Hall of Fame plaque until Piazza's arrival in 2016, providing Mets fans with one source of profuse pride in the face of those pesky Yankees fans. Up until Ken Griffey Jr.'s induction three years ago, which was later broken by Yankees great Mariano Rivera in January, Seaver held the record for the highest Hall of Fame induction approval by voters at 98.84 percent.

He was invited back to throw out the last pitch at Shea Stadium in 2008 just moments after the Mets blew another opportunity to sneak into the playoffs. Just months later, in 2009, he was there to help baptize Citi Field, a new stadium that honors Jackie Robinson and the Brooklyn Dodgers more than the Mets' greatest player.

There's something

wrong with that, don't you think?

Growing up a Dodgers fan, Mets owner Fred Wilpon was keen on making Citi Field look like Ebbets Field, the old home of the Brooklyn franchise that relocated to Los Angeles in 1957.

As Mets fans walk into their home ballpark, they enter the Jackie Robinson Rotunda, named after one of the most influential Americans of the 20th century, whose image and No. 42 is commonplace around the main hub where most fans enter on game night. Yet he played zero games with the Mets.

If you walk toward the back of the rotunda, tucked behind the stairs, you can find a nod to Seaver in the Mets Hall of Fame.

You could also enter

Citi Field about 100 feet down the third-base line to enter the far-less heralded "Seaver Gate." Or you can stay outside the stadium and see his face on a banner hanging from a lamppost or on a commemorative piece of marble on the sidewalk.

According to Newsday, a statue is "being considered" by the organization as a tribute. It's disappointing that it took such a grim turn of events to make the Mets realize that it's time to compartmentalize Seaver as the true champion of Queens.

At least it's a start.

Le'Veon Bell not a lock for the Jets

Initially viewed as favorites to land the All-Pro back, the Jets might have trouble signing Bell.



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An offseason that has been filled with such promise for the New York Jets is entering some tense territory.

The NFL's legal tampering period is officially open before free agents can begin signing with teams on Wednesday, a period that was expected to see the Jets become major players behind more than \$80 million in cap space. That's the second-largest amount of space available for an NFL franchise this offseason behind the Indianapolis Colts.

It offers the promise of luring big-time stars to



Le'Veon Bell is one of the biggest names available on the free-agent market. GETTY IMAGES

the green side of MetLife Stadium, most notably former Pittsburgh Steelers star running back Le'Veon Bell.

The Jets have long been considered the favorites to sign the 27-year-old to the massive contract he's been hoping for. It's the reason why he held out for the entire 2018 season after

the Steelers offered Bell a deal worth \$14.5 million a year instead of the \$17 million-plus he was searching for.

Such a deal is a steep price to pay for the Jets, but it is being considered by many as a necessary move to help the franchise move forward. New York has its franchise quarterback in place with

second-year man Sam Darnold, but he is devoid of any serious weapons.

Bell would take a ton of pressure off the USC product's shoulders as a ground game led by him would require a large part of the opposing defense's attention. Bell would also become Darnold's supreme security blanket given his abilities to catch

the ball out of the backfield.

If only it were as easy as flashing some cash to get such a talent, though.

As the countdown to free agency draws near, the idea of the Jets being a sure bet to land Bell might be losing some steam.

After trading for Bell's former teammate Antonio Brown in a deal the Jets would have had no problem pulling off, the Oakland Raiders have entered the fray as a possible destination for Bell.

Oakland had to give up just a third- and fifth-round draft pick in 2019 to secure the future Hall of Famer before renegotiating a deal that will pay him more than \$50 million over the next three years.

With 100-plus receptions and 1,200-plus receiving yards in each of the past six seasons, that would have been a worthy investment made by the Jets regardless of the

kind of baggage Brown might bring to the sidelines.

Should the Raiders manage to come away with Bell, it will only be a further indictment of general manager Mike Maccagnan.

However, the Jets GM will be keen on not being put through the wringer again. He and the Jets have been burned in each of the past two offseasons by high-profile free agents.

Linebacker Dont'a Hightower leveraged an offer from the Jets to get a new deal with the Patriots prior to the 2017 season before quarterback Kirk Cousins used Gang Green as a bargaining chip to land a monster deal from the Minnesota Vikings.

Should the Jets get a sense that Bell is trying to do the same thing, MacCagnan could pull out of the potential bidding war so as to not break the bank on the running back.

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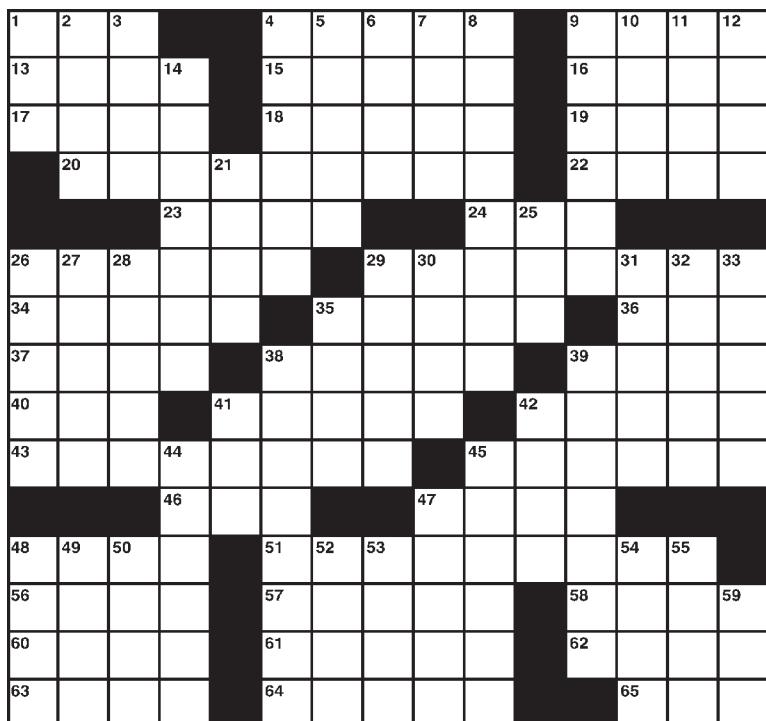
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 13 African nation
 15 Composer George M. ___
 16 Run competitively
 17 Magazine title
 18 ___-ho; dismissal
 19 Kitchen appliance
 20 Calendar page
 22 Prescriptions, for short
 23 NFL team
 24 Opening
 26 Bowler's delight
 29 Leaving out
 34 Innocent
 35 First aid kit item
 36 "___ many cooks spoil the broth"
 37 Qualified
 38 Simpson mom
 39 Bazaar
 40 Sick
 41 Desert fruits
 42 True or ___ test
 43 Diminished

45 Sent an invoice to

- 46 Actor Knight
 47 Barn baby
 48 In addition
 51 Vital
 56 Tush
 57 Facial hair
 58 Weather forecast
 60 Yarn
 61 Cyclist Armstrong
 62 Days of ___; yesteryear
 63 Drove 80 mph
 64 Go into
 65 Small barrel
- DOWN**
- 1 Fall month: abbr.
 2 Fraternity letters
 3 Subduea
 4 Plot craftily
 5 "The Raven" & "How Do I Love Thee?"
 6 Captain in "Moby-Dick"
 7 Grotto
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 9 On time
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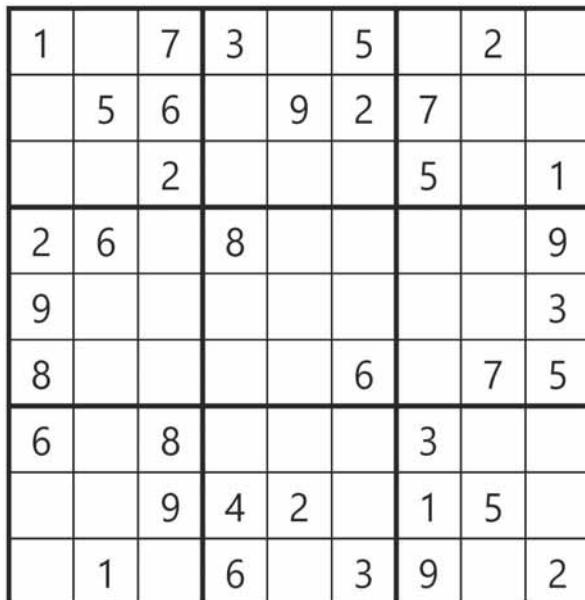
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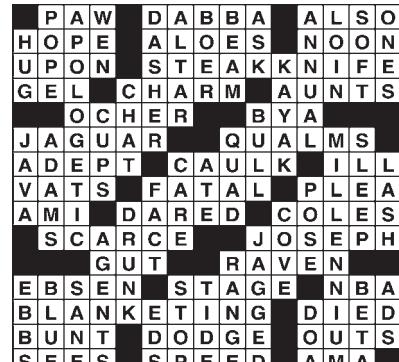
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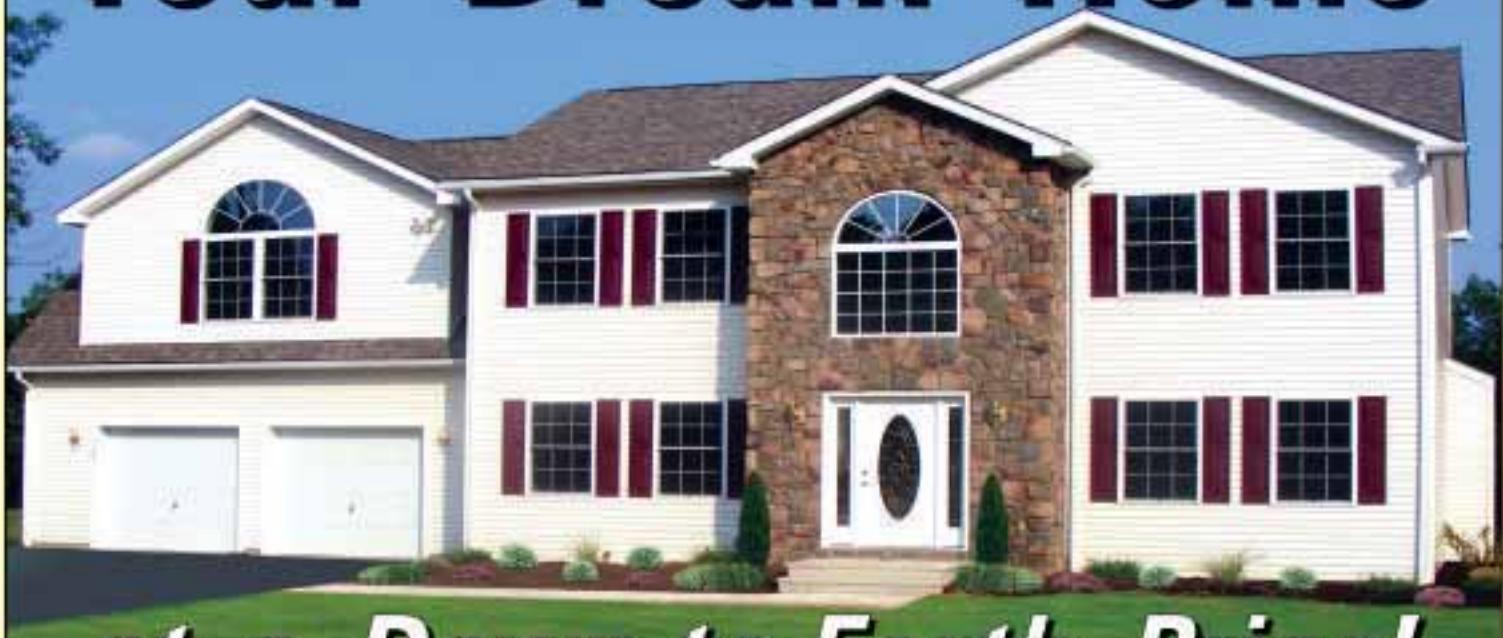
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